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PM 610 Crisis Counseling

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**P.M. 610: Crisis Counseling
Asbury Theological Seminary
Final Version [3]**

Instructor: Toddy Holeman, Ph.D.
Office Hours: Tuesday & Thursday, 2:30-3:30 p.m.
Class Time: Tuesday-Thursday, 4:00-5:15 p.m.
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Office: Fourth floor Stanger Hall
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Class Room: SH 408

Course Description

This advanced counseling course is based upon the premise that crises are an essential aspect of any structured understanding of human life and development. You will learn about episodes of crises in people's lives where the stakes are very high for disintegration or for growth. Theoretical orientation to crisis and clinical intervention techniques for various types of crises will be taught and practiced. Faith issues during crisis events will be examined.

Course Goals:

1. You will explain the process of crisis development.
2. You will understand theological assumptions and biblical foundation that support crisis intervention.
3. You will apply crisis theory to a variety of situations.
4. You will articulate appropriate intervention strategies to manage crises at a primary, secondary, and tertiary intervention level.
5. You will demonstrate crisis intervention counseling skills within role-plays.

Required Course Texts:

Gilliland, B. E. & James, R. K. (1997). Crisis Intervention Strategies (4th Ed.). New York: Brooks/Cole.
Janoff-Bulman, R. (1992). Shattered Assumptions: Towards a New Psychology of Trauma. New York, NY: The Free Press.
Course Packet (Purchase at ATS Bookstore)

Recommended Course Texts:

Everstine, D.S. & Everstine, L. (1993). The Trauma Response. New York: W. W. Norton.
Myers, R. (2000) Assessment for Crisis Intervention. New York: Brooks/Cole.
Puryear, D.A. (1979). Helping People in Crisis. San Francisco, CA: Jossey-Bass.
Scott, M. J. & Stradling, S. G. (1992). Counselling for Post-Traumatic Stress Disorder. London: Sage.
Soelle, D. (1975). Suffering. Philadelphia, PA: Fortress Press.

Publication Manual for the American Psychological Association, 4th Edition. Be sure that you are using the fourth edition. I require APA style for all research papers.

Grading Policy

I follow the grading guidelines that are found in the 2000-2001 catalog.

- A = Unusually high quality, exceptional work
- A- = Far above average, fine work
- B+ = Above average for graduate work
- B = Very good, but average for graduate work
- B- = Slightly below average for graduate work

- C+ = Meets requirements, but with noticeable inadequacies for graduate work
- C = Meets requirements, but with gaps for graduate work
- C- = Meets requirements, but with significant gaps for graduate work
- D+ = Minimal work, acceptable
- D = Minimal work, barely acceptable
- D- = Acceptable, but only with great reservation
- F = Unacceptable work

Late assignments: Your grade will be lowered by one-third for every week that your paper is late unless **prior** arrangements are made with me. In other words, plan ahead for that sudden pile of work or obligations.

Resubmission of paper: If you obtain a grade of C+, C, C-, or lower on your research paper, you have two weeks from the date that the paper is returned to you to resubmit the paper if you so choose. You may be able to raise the grade on your paper to a maximum of B+.

Attendance: If you miss **more than** 5 classes throughout the semester, you will automatically fail the class.

Course Requirements

You are expected to attend classes and participate in small group activities and discussions.

1. **Counseling practice [20%]**

Small group reflection papers due on October 5 [Round 1], November 2 [Round 2], and December 7 [Round 3]
Crisis counseling role play

2. **Theological Integration Paper [40%]**

3. **Research Paper & Class Presentation [40%]**

1. Counseling Practice – 20%

You have two venues in which you will practice crisis counseling.

Trios: First, you will work within trios to practice your skills. Your practice sessions will happen outside of our class time. During each round, you will have an opportunity to be a client, a counselor, and a couch/observer. By meeting weekly, you should be able to complete your practice sessions within 30 minutes. Each person should be the counselor one time during each round. Focus on skills that we have recently covered in class. Following the session, the client and the observer complete a Counseling Rating Scale as a way to provide feedback to the counselor.

On **October 5 [Round 1], November 2 [Round 2], and December 7 [Round 3]** you will turn in:

- a. The Rating Scales that were completed for you during that round (e.g. YOUR evaluation of yourself as a counselor, the rating scale from the observer, and the rating scale from your 'client.')
- b. A 3-pag, double-spaced reflection paper per round. In this paper discuss (a) how your skills as a crisis counselor are developing; (b) things you do well as a crisis counselor; (c) where you need improvement as a crisis counselor and how you have addressed previously identified growth areas.

Grading criteria

1. You show an appropriate degree of self-awareness and self-supervision.
2. You identify what you do well and where you need to improve.
3. You include all documentation (counselor feedback form from you, your client, & your observer).
4. Your reflection is thoughtful and well-written.

Role play: Second, every one will participate in a "crisis counseling" role play on video. Your role play group will meet in the Beeson Center Studio at 12:45 p.m. The week before your role play you will meet with me and we will discuss your scenario. I will provide a scenario that will be related to your research topic. The role play will last no longer than 20 minutes. Then you will return to class where we will debrief the role play. I am not expecting you to "script" the role play between classes. I just want to give you a "heads up" on what character you will be representing.

Grading criteria:

1. You fully participated in the role play.
2. You stayed within character.
3. You demonstrated an understanding of the dynamics of the crisis through your characterization.

2. Theological Integration Paper – October, 17, 2000 – 40%

Identify a time in your life when you experienced a period of crisis. If you have been fortunate enough to have NO crisis experience, then you can interview someone who has had a crisis. Synthesize the experience with your understanding from class lectures, Crisis Intervention Strategies, Shattered Assumptions, and The Asbury Herald articles.

Address these issues:

- From lectures & Crisis Intervention Strategies: Describe the kind of crisis you experienced. What elements of crises were especially present in your situation?
- From Shattered Assumptions: What assumptions were altered or challenged as a result of the crisis? How were they altered or challenged? What helped you to rebuild your assumptions? How did your new assumptions differ from the previous assumptions? If you did not experience any "shattered assumptions," discuss the things that helped to sustain the assumptions that you maintained.
- From the Herald articles: How did you experience God in the midst of this crisis? How did you deal with the question of theodicy?
- From all material: What helped you to move through this time of crisis?

Your 15 page paper is to be typed, double spaced. This is your opportunity to reflectively integrate the lectures and reading matter to date. Use the Publication Manual for the American Psychological Association, 4th Edition to format your use of headings, in-body citations, pagination, and reference list.

DO NOT PUT YOUR NAME ON THE FRONT OF YOUR PAPER. ONLY PUT YOUR NAME AND SPO ON A SEPARATE SHEET OF PAPER AT THE END OF YOUR PAPER.

Grading Criteria:

1. You accurately identified of the development and category of your crisis.
2. You appropriately conceptualized your crisis through the principles found in Shattered Assumptions.
3. You integrated theological thinking with your experience.
4. Content was well-written (organized presentation and development of ideas).
5. Paper was well-formatted (title page WITHOUT NAME, pagination, use of headings, 1" margins, reference list congruent with in-text citations, format of reference list).

3. Research Paper & Class Presentation (40%) Due on the day of your role play.

Research Paper

Class Summary Handout

Participation in panel discussion on your research

Research Paper. You will sign up for a research paper topic within the first week of class. This information will form the knowledge base for your crisis counseling video role play. Each person will prepare a research paper that deals with the following items.

- What are the critical psychological, interpersonal, and societal dynamics that play a role in the person's recovery processes? (10 pages)
- What are the salient issues that are pertinent to counseling that kind of client? What are the key counseling issues to consider during your first few sessions? (3-4 pages)
- Identify significant theological issues that you believe will be most salient for this client and tell how your theological perspective addresses these concerns. (2 pages)
- Create a treatment plan for this type of client. Include 2 long-term goals and their corresponding short-term goals. Identify the kind of interventions will you most likely use to reach the short-term goals. (2-3 pages).
- Include an appendix in which you identify and describe the community-based resources that are available to persons in this kind of crisis. Do not turn in a list of 1-800 numbers.
- Include an **annotated** list of pertinent web-sites.

Follow APA Publication Manual for formatting text, in-body citations, and reference list. **You may not use class texts or handouts as part of your research paper.**

Grading Criteria

Research Paper

- Paper adapts to APA publication guidelines.
- Paper is well-organized and well-written.
- Paper demonstrates use of scholarly books and journals.
- Paper demonstrates a breadth and integration of scholarly books and journals (i.e., it is not a serial book report).
- Paper provides appropriate information on treatment & interventions.

Summary Handout. You will distribute the following to your class members:

- A 2-3 page summary of critical things to know about this kind of crisis [a dummies guide]
- Copy of your treatment goals and recommended interventions. [1 page]
- Recommended reading for clinicians and counselors (separate your list into these two groups) [1 page]
- Your list of annotated list of helpful websites. [1 page]

Grading Criteria for Summary Handout

- Short summary is well-written and highlights the most important aspects of the crisis.
- Paper includes clear statement of treatment goals and interventions.
- Paper includes appropriate readings for counselors and clients.
- Annotated bibliography of web sites includes a minimum of 5 sites.

Panel Discussion

Whereas the topical role plays happens on Tuesdays, all panel discussions will happen on Thursdays. Your task, as a specialty group and as an individual member of that group, is to present information about your crisis in

general, and your focus, in particular. Each presentation team member will have 10 minutes to discuss the highlights of your research paper. Then the class will be opened for a question and answer period about your crisis situation.

Grading Criteria for Panel

1. You demonstrate a depth of understanding about your aspect of the crisis situation.
2. You dress and conduct yourself in a professional manner.
3. You participate in the discussion.

Class Schedule

	Date	Topic	Reading	Practice Group Assignments	Misc.
1 2	9/5 & 7 9/12 & 14	Orientation to Crisis Counseling	Wk 1: G & J 1, 13 Wk 2: G & J 2	Wk 2 Review Rita's Case, pg. 69 Work on worksheets pg. 76-78	Wk 2: Model, pg. 32 & TAF, pg. 40-41
3	9/19 & 21	Basics of Crisis Counseling	Wk 3: Shattered Assumpt. Part 1; G & J 3	Wk 3 Role play simple crisis situation to practice using TAF	
4	9/26-28	Theological Reflections	Shattered Assumptions, Part 2; Herald Articles in Packet	Wk. 4 Role play crisis situation using 6 step model & TAF	
5	10/3-5	Cognitive Influences	Shattered Assumpt. Part 3 & 4	Oct. 5: Round 1 Paper Due Wk 5: Same as Wk. 4	
6	10/10-12	Impact of Trauma on Families		Wk. 6: Same as week 4	Video: Family Trauma
7	10/17-19	Suicide	G & J, 3	10/17 - Theology Paper Wk. 7: Role play with suicidal client	Video on counseling suicidal clients
8	10/24	Counseling family members following a suicide		Wk 8: Role play with suicidal client	Video: Why Can't We Cancel Christmas
8	10/26	Role play: Sexual Assault	G & J, 6		
9	10/31	Panel Discussion: Sexual Assault		Sexual Assault research papers & class handouts due for that group alone.	
9	11/2	Class Cancelled		Nov. 2: Round 2 Wk 9: Role plan with sexual assault focus	Turn papers into Jeanne Glass by 3:00 pm
10	11/7-9	Spousal Abuse	G & J, 7	Papers: 11/7 Panel: 11/9 Role play with domestic violence focus	
11	11/14-16	Addictions	G & J, 8	Papers: 11/14 Panel: 11/16 Role play with addictions focus	
13	11/28-30	Bereavement & Loss	G & J, 9	Papers: 11/28 Panel: 11/30 Role play with grief focus	
14	12/5-7	Chronic Illness (physical & mental)	Reading on Reserve	Papers: 12/5 Panel: 12/7 Role play with chronic illness focus	
15	12/14 1-3 pm	Burnout and Self-care		Round 3: Monday, Dec 11, by 10:00 a.m.	